

June 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

FCS Newsletter

Words from your FCS County Agent



In This Issue:

- Meal Prepping
- Upcoming Events
- PlateltUp Recipe
- Thank You Volunteers!
- Homemaker Feedback
- Homemaker VSU Hours Info and Form

Contact Us:

Marion County Extension Office
416 Fairgrounds Rd,
Lebanon, KY 40033
(270)-692-2421
brittany.thomas@uky.edu

Happy June!

I am beyond excited about this weather, especially with all of this sun! With sun, it is best to mention the importance of sun protection. There are many ways to protect your skin from the sun, such as being under shade, wearing clothing from tightly woven fabric, wearing a hat that has a brim all the way around that covers your face, ears, and the back of your neck, wearing sunglasses to protect your eyes to reduce the risk of cataracts, and wearing sunscreen. Sunscreen is recommended to be SPF 15 or higher. Make sure to reapply sunscreen if you stay out in the sun for more than 2 hours. For more information, check out the CDC Website.

Best Wishes,

Brittany Thomas

Family and Consumer Science Agent

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.

Meal Prepping Saves Time and Frustration

Research shows that people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet. Meal prepping allows us to live our hectic lives while still providing our families and ourselves with nutritious foods.



Pre-completing certain cooking steps saves time. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping, start small and don't invest much money. Aim to prepare two to three meals per week in advance.

Find nutritious recipes your family will enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the process. Ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you must handle the food and gives you a set time to work meal prepping into your busy schedule.



Upcoming Events

June 13th

Laugh and Learn Playdate
10:30am
Marion County Public
Library

June 14th

Basic Sewing Workshop
(Currently **Full**)
6:00pm-7:30pm
Marion County Extension
Office

June 15th

Dining with Diabetes
11:00am
Maple Street Apartments

June 21st

Cooking Through the Calendar
6:30pm
Marion County Public Library

June 23rd and 26th

Drop off Open Class Fair Entries
23rd for non-perishable items (1-3pm)
26th for perishable and non-
perishable items (9am-12:30pm)



Marion County
Cooperative Extension



Tune in to 100.9 WLSK every
Wednesday morning
(8:30am) for office updates

June 19th

Office will be **closed** in
observance of Juneteenth



<https://marion.ca.uky.edu/>



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Cucumber, Corn, and Bean Salsa

2-3 large cucumbers

2 tomatoes

1 yellow bell pepper

1 small red onion

¼ cup chopped fresh cilantro

½ cup black beans

½ cup fresh whole kernel corn,
cooked

1 ounce package dry ranch
dressing mix

⅓ cup cider vinegar

2 tablespoons sugar, optional

Wash all vegetables. Finely **chop**

cucumbers, tomatoes, pepper,
and onion. **Combine** in a large
mixing bowl with chopped cilantro.

Drain and rinse beans and add to
chopped vegetables. **Add** corn. If
using canned corn instead of fresh,
drain off liquid prior to adding to
vegetables.

In a small bowl, mix together ranch

dressing packet, vinegar, and sugar.

Pour dressing over vegetables and
mix well. **Serve** immediately or
refrigerate until chilled.

Yield: Makes 20, ½ cup servings.

Nutrition Analysis: 50 calories, 0 g
fat, 130 mg sodium, 7 g carbohydrates,
2 g fiber, 70% Daily Value of vitamin C
and 6% Daily Value of vitamin A

Buying Kentucky Proud is easy. Look for the label at your
grocery store, farmers' market, or roadside stand.



Thank you Volunteers!



A big shoutout to volunteers that have taught a few
of our classes here at the office:

-Martha Potter and Vickie Lockett (Quilting Classes)

-Tamie Laferty (Sewing Classes)

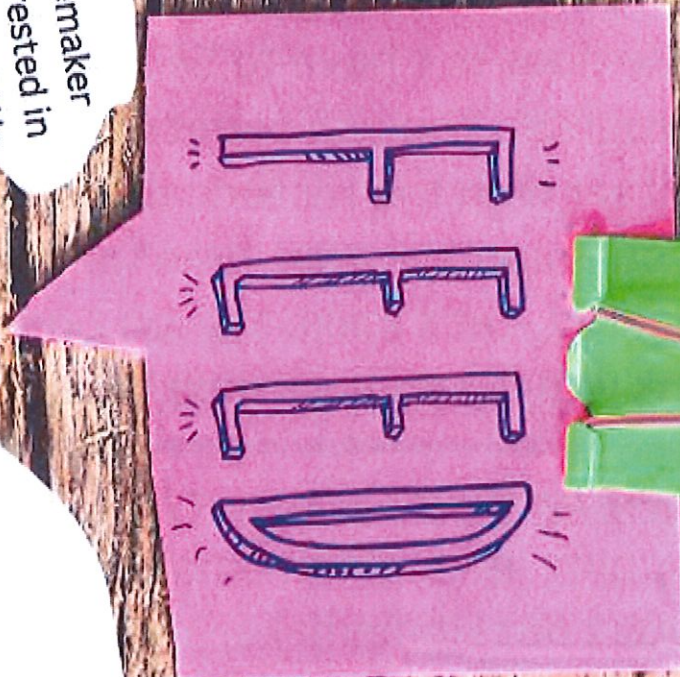


If there is something you have a skill for,
contact me! We would love to have you as a
volunteer for one of our classes.

P.S. You do not need to be an expert



Are you a Homemaker member, or interested in becoming a member? We are looking to grow stronger, and we need your help! Please fill out this Homemaker Interest Survey. Thank you!



<https://forms.gle/qBWKPRWos3WkNB9J7>



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Conservation and Environmental Education

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt or realization for prior civil rights action. Reasonable accommodation of disability may be available with prior notice.





Homemaker Volunteer Service Hours

Turning in your ***Volunteer Service Hours*** is very important to KEHA (Kentucky Extension Homemaker Association). Volunteer service hours from July 1, 2022 - June 30th, 2023 are due to the Extension Office no later than July 14th, 2023. A form is attached in this newsletter, but extra forms are available at the Extension Office or can be emailed to you by request. Remember, your volunteer time does not have to be strictly for an extension or Homemaker program. You can count time you teach Sunday School, volunteer with the Historical Society, Woman's Club, or anything you volunteer your time for. You are needed and appreciated. Let's make Marion County look great!

Thank you for your service in our community!

Homemaker Year Wrap-Up & New Year Info

As we are wrapping up our Homemaker Year for **2022-2023**, we are about to start out Homemaker Year for **2023-2024**, starting **July 1st!**

We have come a long way in a year. We went from 9 members to 26. WOW! Let's continue to grow.

Starting July 1st, we will begin collecting dues for our 2023-2024 year. This year, dues will be **\$13**.

Please consider being **Homemaker Council Officer** for our **2023-2025** years, starting in July. We are looking for a **President, Vice President, Secretary, and Treasurer**. If you are interested or would like more information, please reach out to me.

One of our big events next year will be hosting our Annual Meeting, so if you enjoy event planning, please consider being a part of our Homemaker Council.

